

# Make Every Meal A Perfect Feast

**Tanlac Makes Each Bite a New Delight**

WHEN your digestive system is working efficiently and smoothly, extracting from your food abundant stores of vital energy and piling up a reserve force of vigor to meet any emergency, every bite is eaten with keen zest and appreciation. If your meals are not a real event, if you do not approach the table

organ and through ample secretion of digestive fluids. It then promotes energetic action of all the bowel muscles and glands and enables the food to pass through the digestive canal in the normal time. Each of the thousands of little glands whose duty it is to pick up nourishment from the food and send this to all parts of the body are stimulated to their utmost. The whole result is that food is taken care of without distress of any sort in such manner as to derive the utmost benefit from it.

If your appetite is not keen, if your food seems to disagree with you, if you are underweight, nervous, irritable and lack energy, give Tanlac the chance to show you that it can work a miracle



with the most lively anticipation of its delights, then you are only half-living, because you are only half getting the value of your food.

Lack of appetite, or distress from indulging the appetite, are both due to the same cause—failure of the digestive system to properly do its important work. The undigested food remaining in the alimentary canal may merely cause a distaste for more food when it cannot take care of what it has, or it may undergo chemical and purification changes that cause acute disease.

Besides, these chemical changes produce poisonous substances that are carried to every cell and organ of the body and that cause all sorts of distressing symptoms.

Tanlac, the famous digestive tonic and body builder, has achieved its wide success because it is able to invigorate the entire digestive tract.

It acts to cause vigorous stomach preparation of the food, both through the muscular churning action of that



in your condition as it has in so many thousands of other cases.

If you are despondent, gloomy, with little taste for and enjoyment of life, try Tanlac and no doubt you will see the clouds of gloom roll away under the sunshine of health.

You are entitled to be healthy, vigorous, efficient and happy. Give yourself the chance to become so as thousands of others have, by taking Tanlac.

Get Tanlac from your druggist this very day. Why wait for tomorrow when Tanlac—and health—await you today?

State of Washington.

The state of Washington was formerly a part of Oregon and was created a territory in 1853. It was admitted to the Union as a state February 22, 1889.

Sitting Tight.

"Where's the end seat hog these days?" "Up against the register."—Louisville Courier-Journal.

When Loafer Becomes a Pest.

"A loafer," said Uncle Eben, "don't do no special harm, 'ceptin' when he tries to be mistook for a worker an' insinuates on gettin' in de way."

How can a man's love grow cold when his wife keeps him in hot water?

You have doubtless observed that sensible people agree with you.



# ASPIRIN

WARNING! Say "Bayer" when you buy Aspirin.

Unless you see the name "Bayer" on tablets, you are not getting genuine Aspirin prescribed by physicians over 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Accept only "Bayer" package which contains proper directions. Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists. Aspirin is the trade mark of Bayer Manufacture of Monocellulose of Salicylic Acid

## Keep the Children Well!

During these days many children are complaining of headache, feverishness, stomach troubles, and irregular bowels. If mothers only knew what

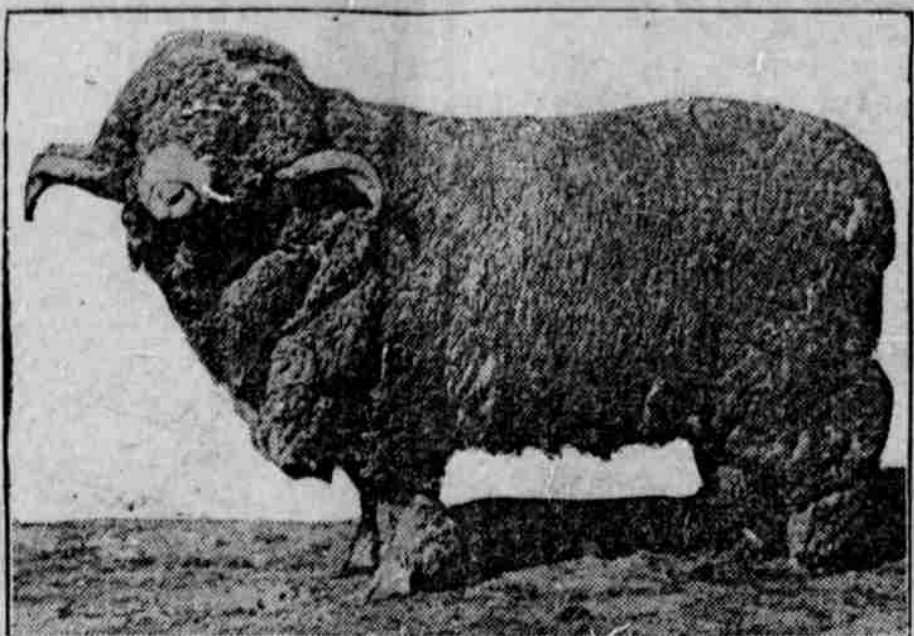
**MOTHER GRAY'S SWEET POWDERS for CHILDREN**

Will do for children no family would ever be without them. These powders are so easy and pleasant to take and so effective in their action that for over 30 years mothers have used them and told others about them. Sold by Druggists everywhere.

Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.



## MAINTAIN FLOCK OF SHEEP IN ADDITION TO OTHER LIVE STOCK



A Grand Championship Prize Winning Rambouillet Ram.

(Prepared by the United States Department of Agriculture.)

Recognizing the adaptability of sheep to a wide range of territory, extension workers of the United States Department of Agriculture and the state agricultural colleges have steadily encouraged the maintenance of a flock of sheep in addition to other live stock on the farm in sections where farm flocks can be profitably handled. The introduction of purebred stock and the establishing of breeding flocks has been an important feature of extension work in Connecticut and Pennsylvania in the East, and in Utah, Washington state, and New Mexico in the West.

Ram Club Comprises Threes Flocks.

In Pennsylvania purebred ram clubs have been organized and are operating successfully. These clubs consist of three units of farm flocks each. A ram is purchased for each unit. He is used in each unit two years and then transferred from one unit to another until he has been used in all three units of the club. The county agent in McKean county aided in organizing three ram clubs during 1920, providing nine good rams of Shropshire breeding for the flocks of members of these clubs. All of these rams are grandsons of Minton's 51, one of the greatest show rams at the International in the past few years. Rape pasture is being used to fatten lambs. These clubs will also procure purebred Shropshire ewes, so that each member will eventually have a purebred flock.

Through the assistance given by the sheep specialist at the state agricultural college nine ram clubs were organized in Pennsylvania during 1920; \$3,000 worth of purebred sheep were selected and purchased by farmers in the state in this connection. Supplementing the organization of these associations and the introduction of new stock, 35 shearing, docking, and dipping demonstrations were held, attended by over 700 people.

Utah has made notable progress in making the farm flock a factor of importance in its livestock production. In Iron county, where practically all the rams are now purebred, the sheep breeders have concentrated on the Rambouillet and grow enough stock of this breed to supply largely the demand in southern Utah for purebred animals. An outgrowth of this work is the Rambouillet sheep show, which is annually the big feature of



A Club Member and His Pet.

the county fair in Iron county and at which the competition among sheep breeders is exceedingly keen. The county agent in this county co-operates actively with breeders in selecting and improving the management of the breeding stock.

Market Wool in State Pool.

In a number of states county agents have urged successfully an increase in the number of farm flocks kept. Johnson County, Neb., where the number of farmers keeping sheep was more than doubled in 1920, is a notable example. Although the condition of the wool market was discouraging, one group of 10 farmers in this county shipped a total of 5,000 pounds of wool to the state wool pool. In Jasper County, Mo., a sheep breeders' association was organized through the activity of the county agent to encourage sheep growing, to pool the wool crop, and to fight the wolf menace. This organization took steps to encourage the introduction of purebred stock, and held a co-operative ram sale, at which all the grade rams owned by members of the association were sold and replaced by purebreds.

Boys' and girls' club members have been encouraged to form sheep clubs and grow sheep, with marked success. Local banks have helped to finance

these clubs, accepting the notes of club members and letting them run from 2 to 2½ years in order to enable the club members to establish small flocks and sell wool and surplus lambs before settling their indebtedness. Representatives of these banks have shown much personal interest in the work and have co-operated with extension workers in giving club members encouragement and advice. In Lake County, Minn., the cashier of the local state bank made a personal visit during the year to every boy and girl to whom money had been loaned for the purchase of sheep.

Boys Raise Orphan Lambs.

Orphan lambs in Carbon county, Utah, were taken care of last year by



Boys and Girls Have Shown Unusual Adaptability in Raising Sheep.

boys and girls who could not afford to start flocks by purchasing sheep. Those who could get milk or dried milk were given the lambs, and 10 boys and girls, altogether, took charge of 155 lambs. Only nine of these were lost during the entire season. Cows' milk was found to be the most satisfactory food, but dried milk was very convenient for use on grazing fields. One boy kept 15 lambs at his home, all of which did well. The same problem was met in a different fashion at Padillas, Bernillo County, N. Mex., where five club members secured from two to five orphan lambs each and raised them with a goat for a mother.

The outlook for an increase in the number of farm flocks generally throughout the United States is promising. Adult farmers and farm boys and girls are finding the breeding of purebred sheep a profitable line of production, fitting in well with farm activities already established. Extension workers generally should feel encouraged in advocating the adding of flocks of sheep to live stock on farms where conditions are reasonably favorable to wool and mutton production.

## SQUASHES IN HOME GARDENS

Small-Growing Plants Are Best Suited for Average Garden—Use While Young and Tender.

Two distinct types of squashes are commonly grown in home gardens—the summer squashes, the fruits of which are used while they are young and tender, and the fall and winter squashes, which are ripened and used during the winter months. The small-growing summer squashes are best adapted to planting in the average garden. The larger, or standard, varieties are better adapted to field culture, although one or two hills might be planted in a corner or along one side of the garden. The hills in which summer squashes are grown should be fully four feet apart and a little manure and fertilizer should be worked into each hill as it is being made.

## PLAN TO RAISE ARTICHOKE

Seed May Be Planted in Spring as Soon as Soil Is Warm—Use Well-Rotted Manure.

Deep, rich sandy loam, with a liberal supply of well rotted manure, is best suited for growing globe artichokes. Plant the seeds as soon as the soil is warm in the spring, and when the plants have formed three or four leaves they may be transplanted to rows three feet apart and two feet apart in the row. The plants do not produce until the second season, and in cold localities some form of covering will be necessary during the winter. This crop is not suited for cultivation north of the line of zero temperature.—U. S. Department of Agriculture.

## Thousands Have Kidney Trouble and Never Suspect It

Applicants for Insurance Often Rejected.

Judging from reports from druggists who are constantly in direct touch with the public, there is one preparation that has been very successful in overcoming these conditions. The mild and healing influence of Dr. Kilmer's Swamp-Root is soon realized. It stands the highest for its remarkable record of success.

An examining physician for one of the prominent Life Insurance Companies, in an interview on the subject, made the astonishing statement that one reason why so many applicants for insurance are rejected is because kidney trouble is so common to the American people, and the large majority of those whose applications are declined do not even suspect that they have the disease.

Dr. Kilmer's Swamp Root is on sale at all drug stores in bottles of two sizes, medium and large. However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper. Advertisement.

Try and Say It.

An automobile in Belgium is known as a "suepandeleossontropoorvepetrolcumrytuig." Literally translated, it means "fast-horseless-without-rails-petrol vehicle."

A bright girl doesn't think herself an angel just because some man tells her she is.

## NERVOUS AND HALF-SICK WOMEN

These Letters Recommending Lydia E. Pinkham's Vegetable Compound Will Interest You

For Your Own Good Please Read Them

Youngstown, Ohio.—"Last fall I began to feel mean and my back hurt me and I could hardly do my little bit of housework. I was played out when I would just sweep one room and would have to rest. I would have to put a cushion behind me when I would sit down and at night I could not sleep unless I had something under my back. I had awful cramps every month and was just nearly all in. Finally my husband said to me one day, 'Why don't you try Lydia E. Pinkham's medicine?' and I said, 'I am willing to take anything if I could get well again.' So I took one bottle and a second one and felt better and the neighbors asked me what I was doing and said, 'Surely it must be doing you good all right.' I have just finished my eighth bottle and I can not express to you how I feel, the way I would like to. If you can use this letter you are welcome to it and if any woman does not believe what I have written to be true, she can write to me and I will describe my condition to her as I have to you."—Mrs. ELMER HEASLEY, 141 S. Jackson St., Youngstown, Ohio.

"I was very nervous and run-down," writes Mrs. L. E. Wiene of 708 Louise St., New Orleans, La. "I

Lydia E. Pinkham's Private Text-Book upon "Allments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Lynn, Massachusetts.

An Old-Timer. "Senator," said the master of ceremonies. "I'm sorry, but the sound amplifier is out of order, and I'm afraid people in the rear of the hall won't be able to hear you speak." "Don't worry, sir," said Senator Snortsworthy. "I'm not one of your modern weaklings. I was brought up in a rugged school of oratory where a man developed his lung power before he learned to think."—Birmingham Age-Herald.

Overtaken. Welwisher—I hear young Scads-worthy is going to marry Miss Manchester. He ought to look before he leaps. Oldpal—He did. He took a glance over his shoulder and saw she was rapidly closing in on him. Then it was too late to leap.

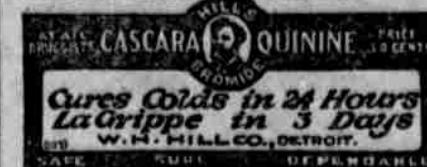
About the best way to get along with some people is to get along without them.

Zero Count. Minister—"Yes, my boy, even the hairs on our heads are numbered." Small Boy—"Dad's ain't; he's bald-headed."—Spare Moments.

It's difficult for a man to keep cool when he is between two fires.

Wise is the man who agrees with his wife rather than argue with her.

## A COLD TODAY—DON'T DELAY



**16799 DIED**

In New York City alone from kidney trouble last year. Don't allow yourself to become a victim by neglecting pains and aches. Guard against this trouble by taking

**GOLD MEDAL HAZEL OIL CAPSULES**

The world's standard remedy for kidney, liver, bladder and uric acid troubles. Holland's National Remedy since 1696. All druggists, three sizes.

Look for the name Gold Medal on every box and accept no imitation

**Ladies Let Cuticura Keep Your Skin Fresh and Young**

Sony 25c, Ointment 25 and 50c, Talcum 25c.

W. N. U., SIOUX CITY, NO. 11-1922

## Ask Your Dealer



ASK your local dealer to recommend a practical decorator. If you are unable to secure one you can do the work yourself, tinting and stenciling your walls to give beautiful results.

**Alabastine**  
Instead of Kalsomine or Wall Paper

Buy Alabastine from your local dealer, white and a variety of tints, ready to mix with cold water and apply with a suitable brush. Each package has the cross and circle printed in red. By intermixing Alabastine tints you can accurately match draperies and rugs and obtain individual treatment of each room.



Write for special suggestions and latest color combinations. **ALABASTINE COMPANY** 1847 Grandville Ave. Grand Rapids, Mich.